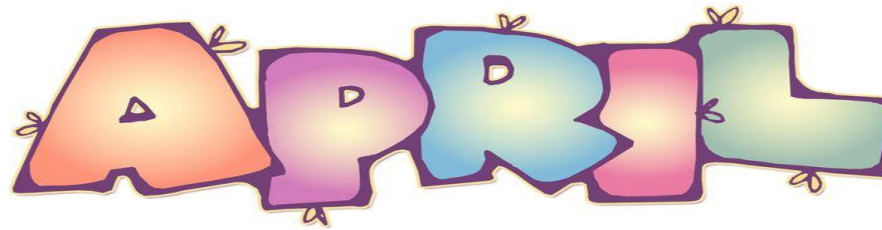


ST. HELEN PRE-K – 6TH



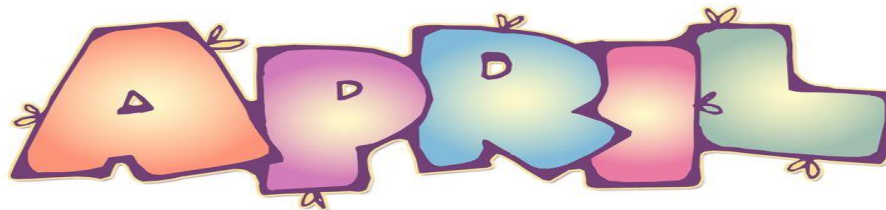
2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL EASTER BREAK 1	NO SCHOOL EASTER BREAK 2	NO SCHOOL EASTER BREAK 3	NO SCHOOL EASTER BREAK 4	NO SCHOOL EASTER BREAK 5
NO SCHOOL EASTER BREAK 8	I.W. Chocolate Muffin 33g Banana 27g Orange Juice 13g Milk 14g/20g 9	Trix Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 10	I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 13g Milk 14g/20g 11	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 12
I.W. Blueberry Muffin 30g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 15	Cocoa Puffs Cereal 25g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 16	I.W. Crunch Mania 37g Peach Cup 18g Orange Juice 13g Milk 14g/20g 17	I.W. Glazed Donut Hole 31g Apple Slices 7g Apple Juice 14g Milk 14g/20g 18	I.W. Strawberry Nutri-Grain Bar 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 13g Milk 14g/20g 19
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Peach Cup 18g Apple Juice 14g Milk 14g/20g 22	I.W. Banana Bread Loaf 27g Banana 27g Orange Juice 13g Milk 14g/20g 23	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 24	I.W. Cinnamon Roll 40g Pear Cup 19g Orange Juice 13g Milk 14g/20g 25	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 26
I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 29	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 30	I.W. Super Donut 23g Mozzarella Cheese String 1g Apple Slices 7g Orange Juice 13g Milk 14g/20g 1	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 2	I.W. Banana Muffin 30g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 3

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

ST. HELEN PRE-K – 6TH



2024 \$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL EASTER BREAK 1	NO SCHOOL EASTER BREAK 2	NO SCHOOL EASTER BREAK 3	NO SCHOOL EASTER BREAK 4	NO SCHOOL EASTER BREAK 5
NO SCHOOL EASTER BREAK 8	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g 9	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 10	Beef Hotdog on Bun 25g Baked Beans 36g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g 11	Cheese Pizza 34g Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 12
Grilled Cheese Sandwich 31g Tomato Soup 20g Celery Sticks 2g Banana 27g Milk 14g/20g 15	Chicken Tenders 16g w/Dinner Roll 16g Tater Tots 16g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 16	Taco Meat w/Nacho Chips 24g Refried Beans 16g Wango Mango Juice 13g Mandarin Oranges 20g Milk 14g/20g 17	French Toast 34g w/Sausage Links 1g Corn 16g Carrot Sticks 8g Applesauce 15g Milk 14g/20g 18	Calzone Italian Beef Pepperoni 32g Mixed Vegetables 12g Tossed Salad 2g Sidekick Fruit Cup 22g Milk 14g/20g 19
Cheeseburger on Bun 25g Green Beans 4g Broccoli Florets 6g Banana 27g Milk 14g/20g 22	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g 23	2 Cheesy Breadsticks 34g Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 24	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 25	3 Totally Taco Wedges 30g Baked Beans 36g Wango Mango Juice 13g Mandarin Oranges 20g Milk 14g/20g 26
Cheese Pizza 34g Corn 16g Grape Tomatoes 3g Banana 27g Milk 14g/20g 29	Chicken Tenders 16g w/Dinner Roll 16g Tater Tots 16g Celery Sticks 2g Apple Slices 14g Milk 14g/20g 30	French Toast 34g w/Sausage Links 1g Mixed Vegetables 12g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 1	Taco Meat w/Nacho Chips 24g Refried Beans 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 2	Chicken Pattie on Bun 38g Carrot Coins 25g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 3

Served Daily – Uncrustable Tray

Smuckers Grape Uncrustable (32g) Cheese String (0g) Goldfish Crackers (14g)
BBQ Sauce (10g) Taco Sauce (1g) Ketchup (2g) Ranch (2g) Lite Mayonnaise (2g) Mustard (0g) Marinara (4g) Syrup (4g)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

ST. HELEN

7th – 8th



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL EASTER BREAK 1	NO SCHOOL EASTER BREAK 2	NO SCHOOL EASTER BREAK 3	NO SCHOOL EASTER BREAK 4	NO SCHOOL EASTER BREAK 5
NO SCHOOL EASTER BREAK 8	I.W. Chocolate Muffin 33g Banana 27g Orange Juice 13g Milk 14g/20g 9	Trix Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 10	I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 13g Milk 14g/20g 11	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 12
I.W. Blueberry Muffin 30g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 15	Cocoa Puffs Cereal 25g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 16	I.W. Crunch Mania 37g Peach Cup 18g Orange Juice 13g Milk 14g/20g 17	I.W. Glazed Donut Hole 31g Apple Slices 7g Apple Juice 14g Milk 14g/20g 18	I.W. Strawberry Nutri-Grain Bar 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 13g Milk 14g/20g 19
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Peach Cup 18g Apple Juice 14g Milk 14g/20g 22	I.W. Banana Bread Loaf 27g Banana 27g Orange Juice 13g Milk 14g/20g 23	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 24	I.W. Cinnamon Roll 40g Pear Cup 19g Orange Juice 13g Milk 14g/20g 25	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 26
I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 29	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 30	I.W. Super Donut 23g Mozzarella Cheese String 1g Apple Slices 7g Orange Juice 13g Milk 14g/20g 1	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 2	I.W. Banana Muffin 30g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 3

ST. HELEN

7th – 8th



2024

\$2.35

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL EASTER BREAK 1	NO SCHOOL EASTER BREAK 2	NO SCHOOL EASTER BREAK 3	NO SCHOOL EASTER BREAK 4	NO SCHOOL EASTER BREAK 5
NO SCHOOL EASTER BREAK 8	Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g 9	Tangerine Chicken w/Brown Rice 59g or Lasagna Rollup 34g Steamed Broccoli 5g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 10	Beef Hotdog on Bun 25g or Buffalo Chicken Pizza 24g Baked Beans 36g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g 11	Stuffed Crust Cheese Pizza 36g or Meatball Sub 50g Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 12
Grilled Cheese Sandwich 31g or 4 Glazed Chicken Wings 1g w/Roll 16g Tomato Soup 20g Celery Sticks 2g Banana 27g Milk 14g/20g 15	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 16	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Wango Mango Juice 13g Mandarin Oranges 20g Milk 14g/20g 17	French Toast 34g w/Sausage Links 1g or 2 Cheesy Breadsticks 34g Corn 16g Carrot Sticks 8g Applesauce 15g Milk 14g/20g 18	Calzone Italian Beef Pepperoni 32g or Spicy Chicken Pattie 44g Mixed Vegetables 12g Tossed Salad 2g Sidekick Fruit Cup 22g Milk 14g/20g 19
Cheeseburger on Bun 25g or Buffalo Chicken Pizza 24g Green Beans 4g Broccoli Florets 6g Banana 27g Milk 14g/20g 22	Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g 23	2 Cheesy Breadsticks 34g or Meatball Sub 50g Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 24	Tangerine Chicken w/Brown Rice 59g or Calzone Italian Beef Pepperoni 32g Steamed Broccoli 5g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 25	3 Totally Taco Wedges 30g or Pulled Pork on Bun 45g Baked Beans 36g Wango Mango Juice 13g Mandarin Oranges 20g Milk 14g/20g 26
Stuffed Crust Cheese Pizza 36g or Spicy Chicken Pattie 44g Corn 16g Grape Tomatoes 3g Banana 27g Milk 14g/20g 29	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Celery Sticks 2g Apple Slices 14g Milk 14g/20g 30	French Toast 34g w/Sausage Links 1g or 4 Glazed Chicken Wings 1g w/Roll 16g Mixed Vegetables 12g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 1	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 2	Chicken Pattie on Bun 38g or Lasagna Rollup 34g Carrot Coins 25g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 3

Served Daily – Uncrustable Tray - Smuckers Grape Uncrustable (32g) Cheese String (0g) Goldfish Crackers (14g)

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